

# IS SITTING

There's no running away from it:  
The more you sit, the poorer your  
health and the earlier you may die.

no matter how fit you are



# THE NEW SMOKING

BY SELENE YEAGER

PHOTOGRAPH BY Nick Ferrari

# ?



By: John Bellettiere, on behalf of the OPACH Team, with gratitude to the WHI participants  
July 21, 2021

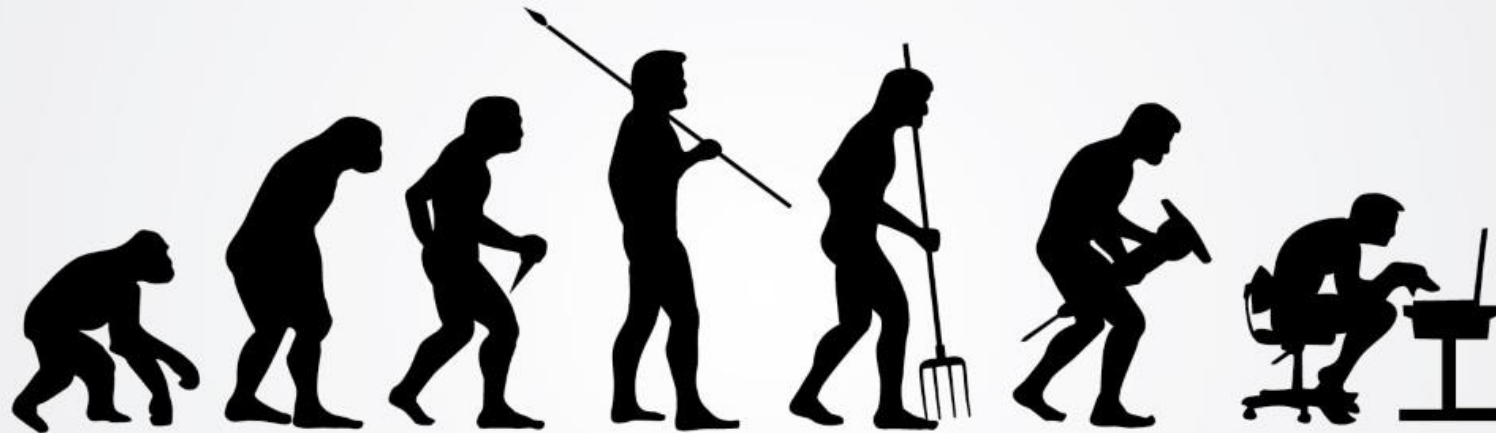
# Waking behaviors



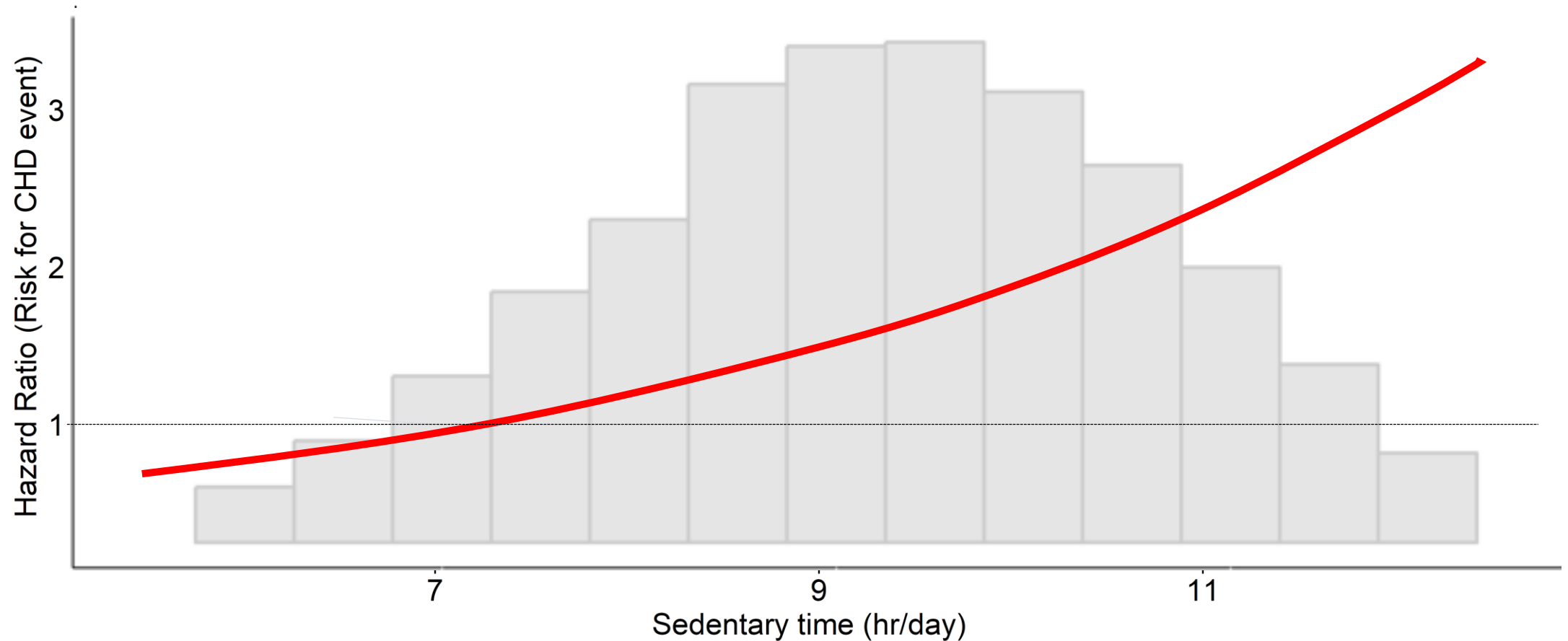
←-- Sedentary behaviors ----- Light intensity PA ----- Moderate+ intensity PA --→

# What is Sedentary Behavior

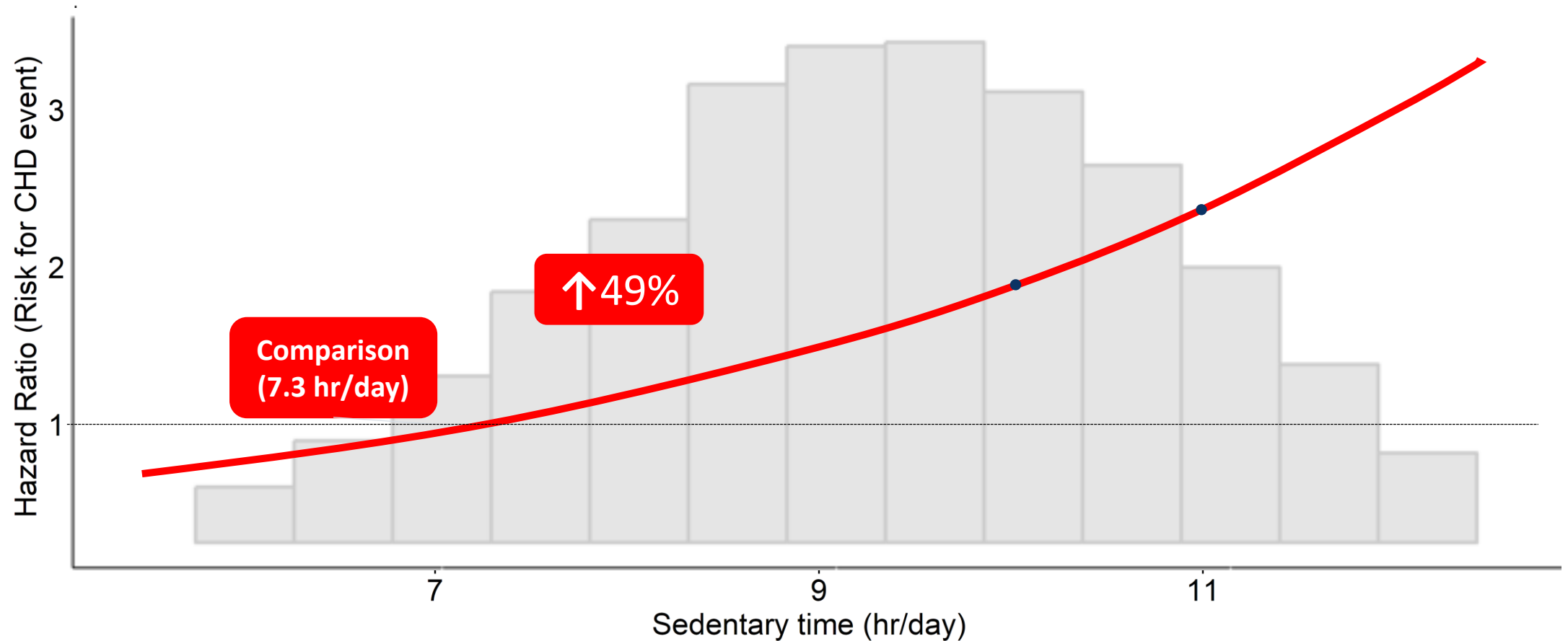
- Latin word, “sedere” means “to sit”
- Activities that involve sitting/reclining or laying down while awake
- Humans are made to move



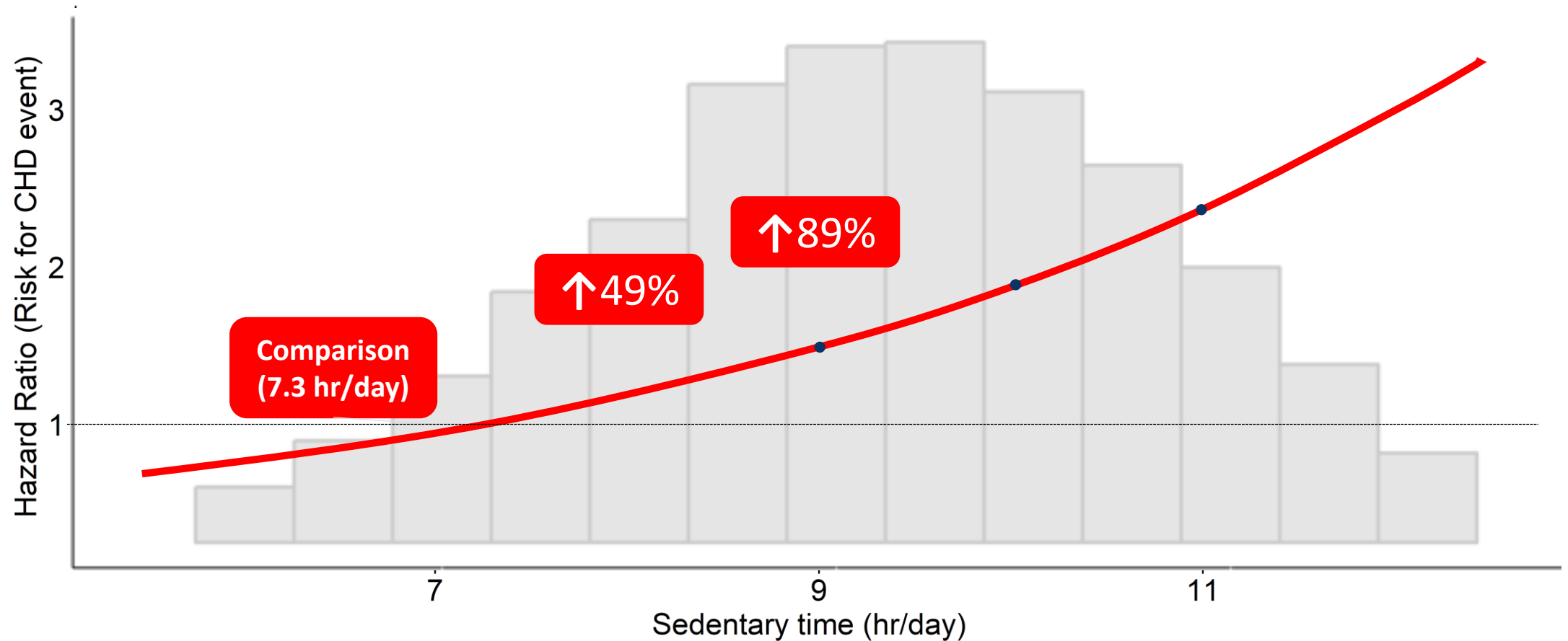
Higher sedentary behavior increases risk for coronary heart disease among 5,638 WHI women



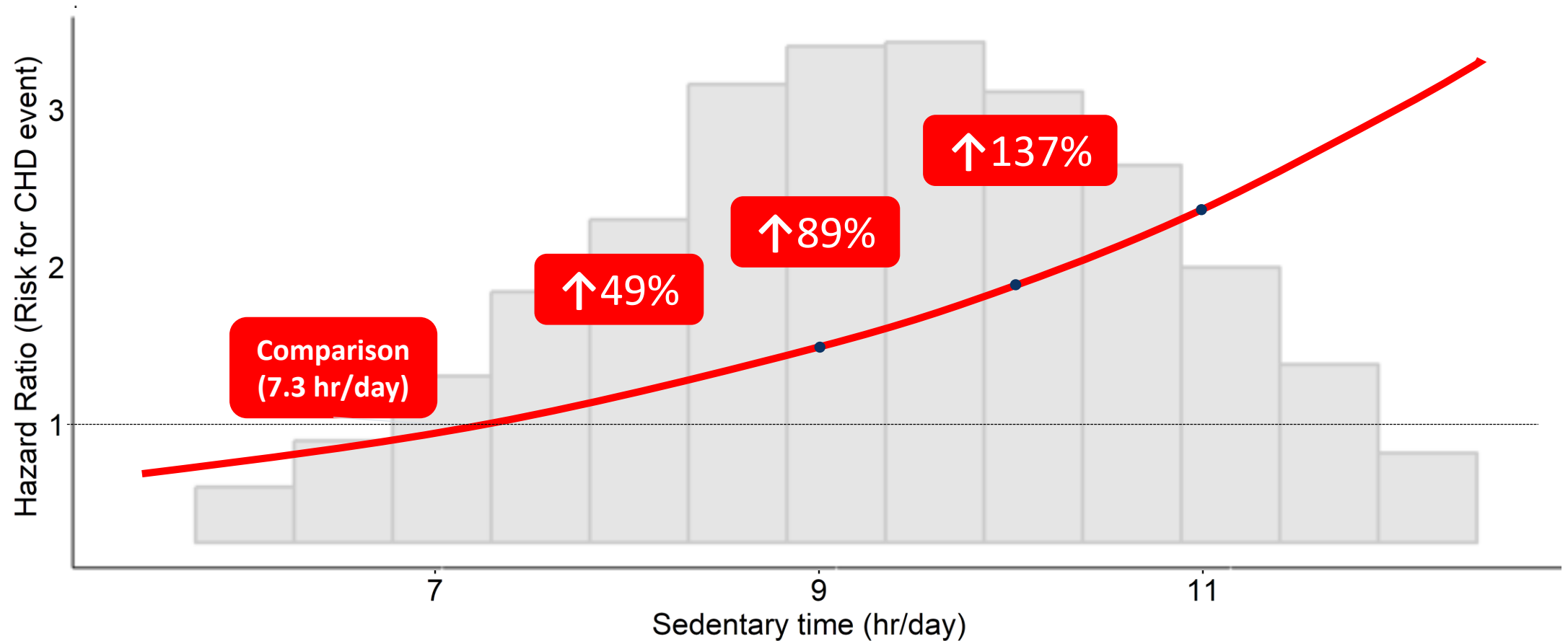
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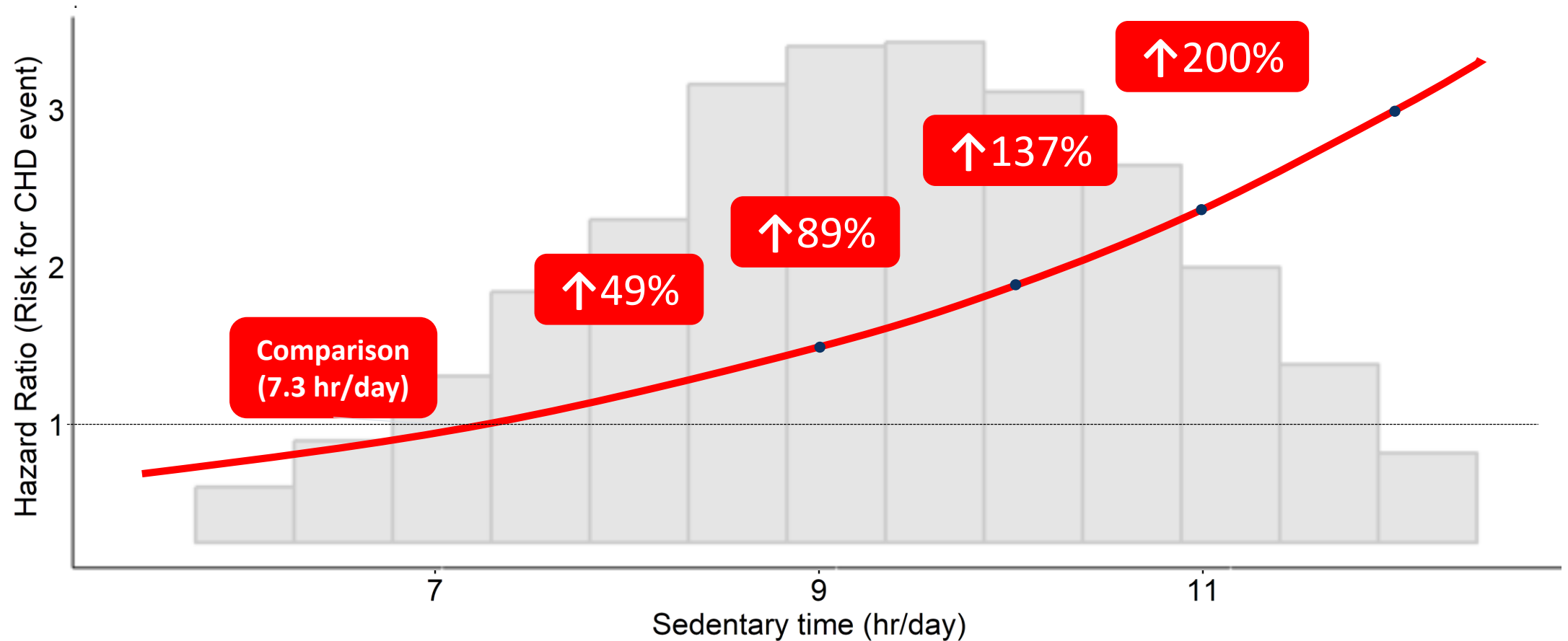
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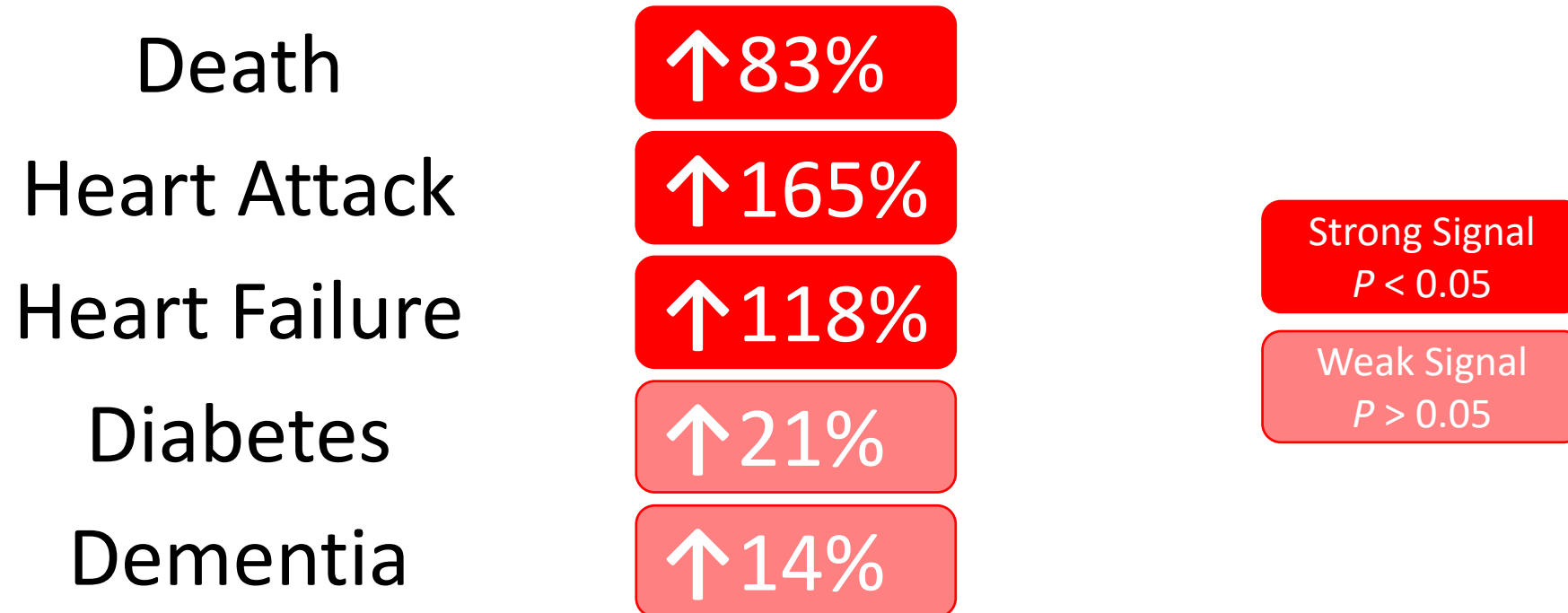


# Higher sedentary behavior increases risk for coronary heart disease among 5,638 WHI women





We've learned from the WHI women that sedentary behavior increases risk for the following:

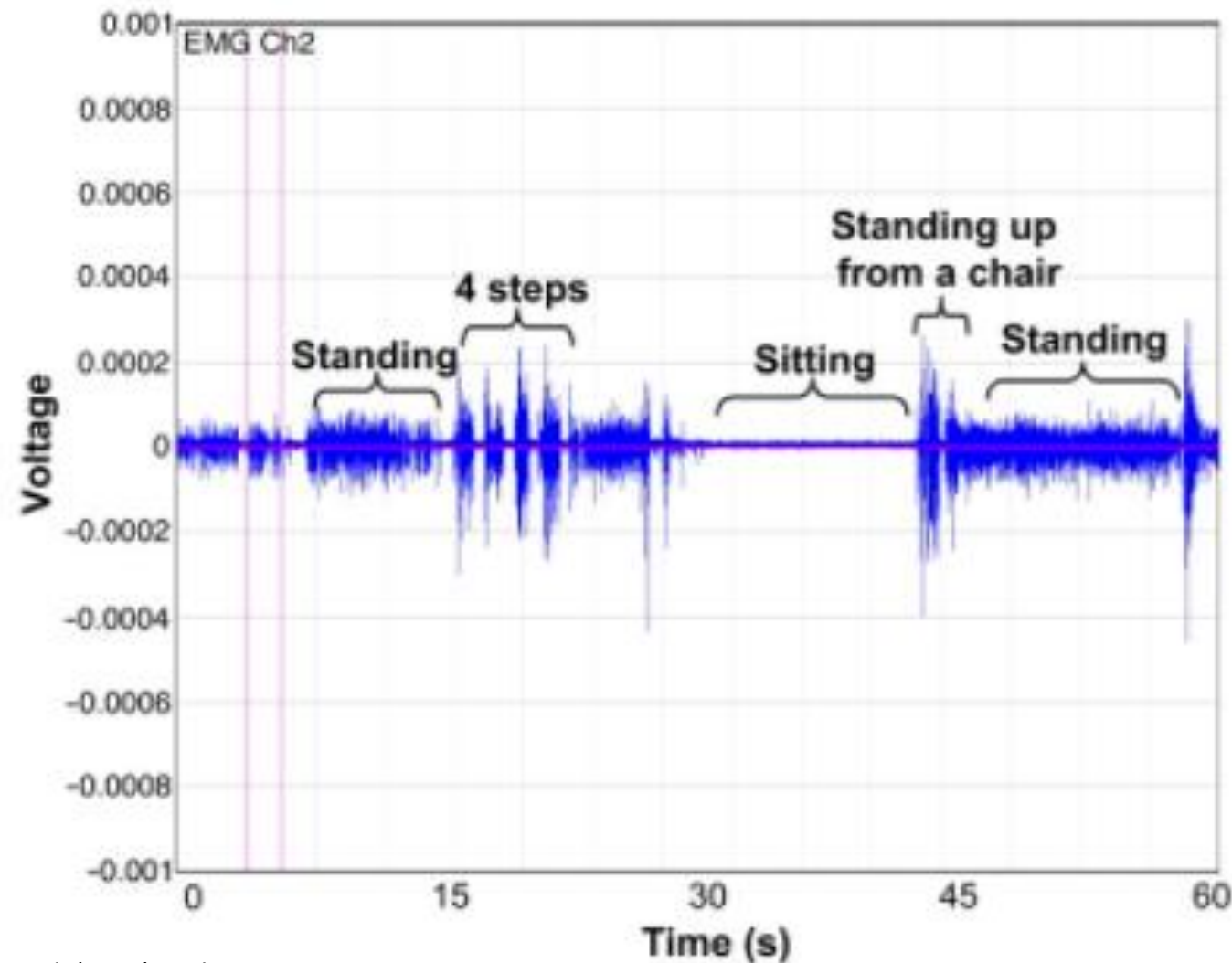


\*Estimates compare the 25% of women with the most sitting to the 25% of women with the least sitting, and are multivariable adjusted

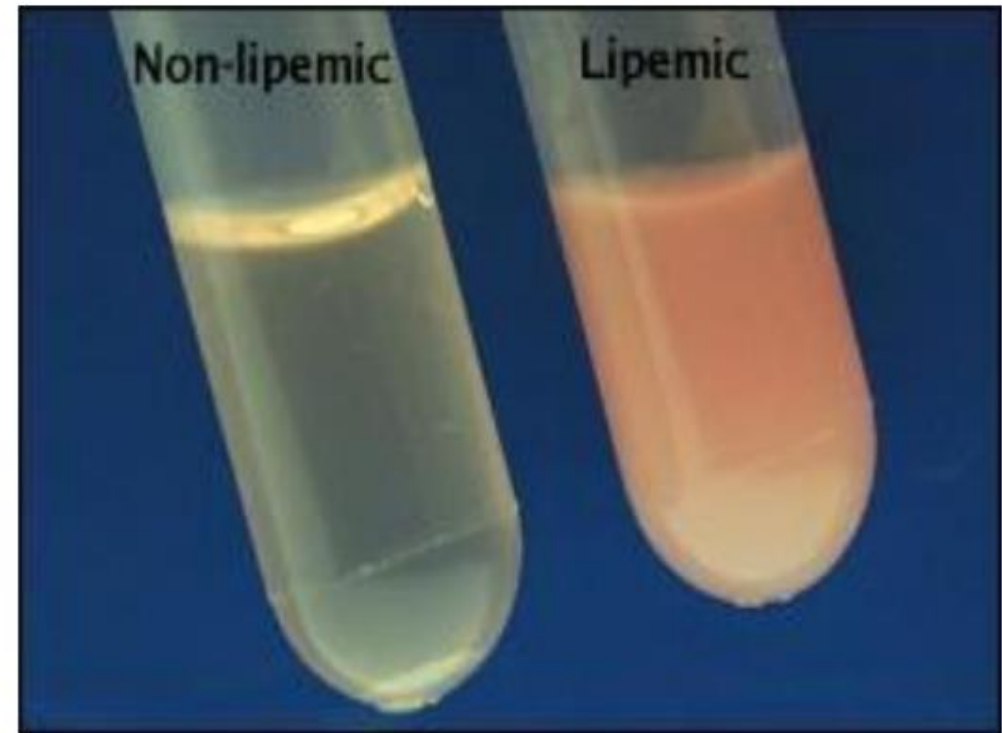
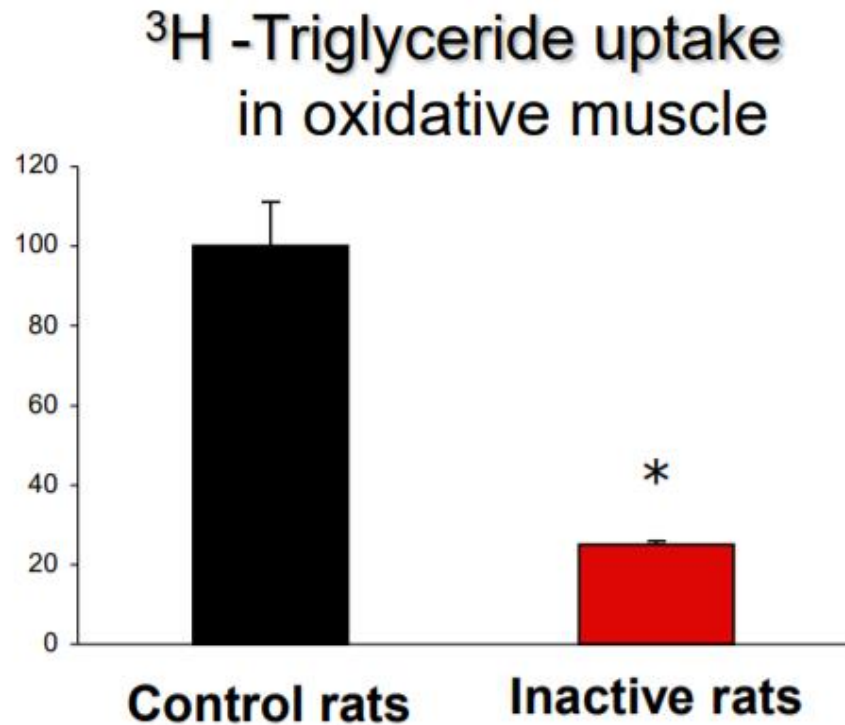
# What happens when we sit?



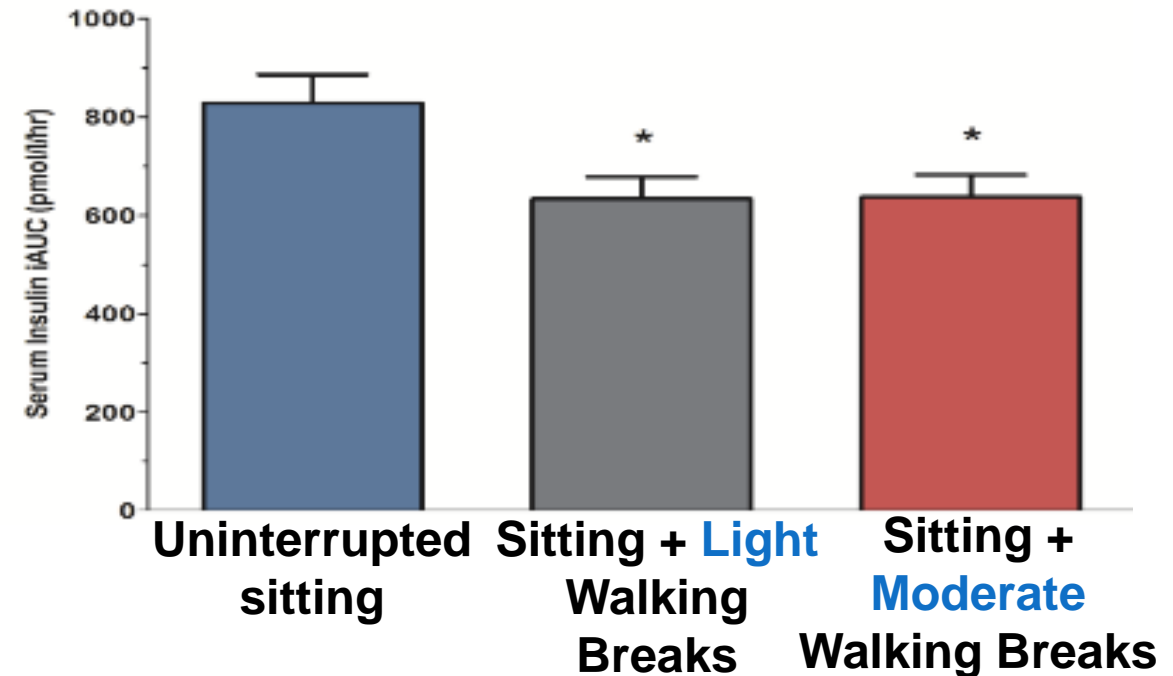
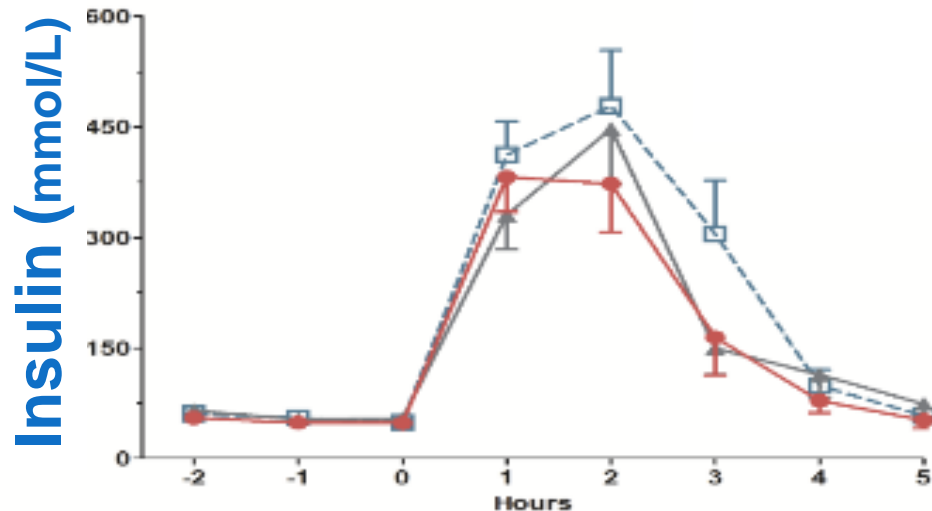
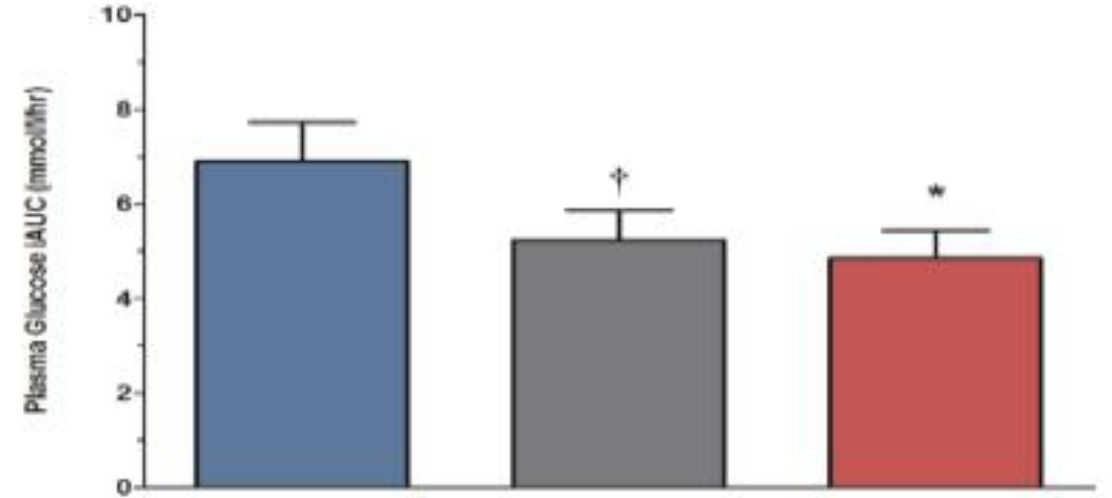
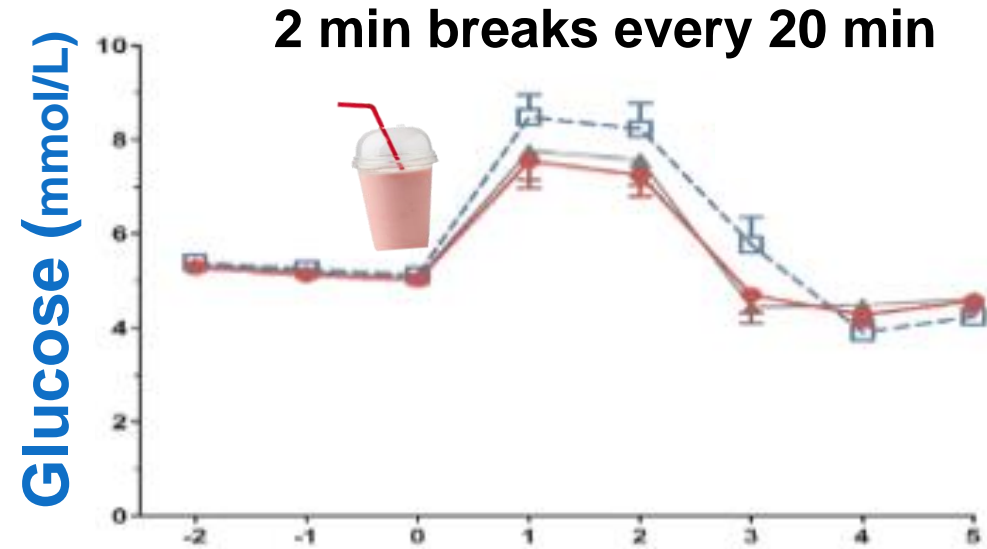
# Many of your skeletal muscles are inactive



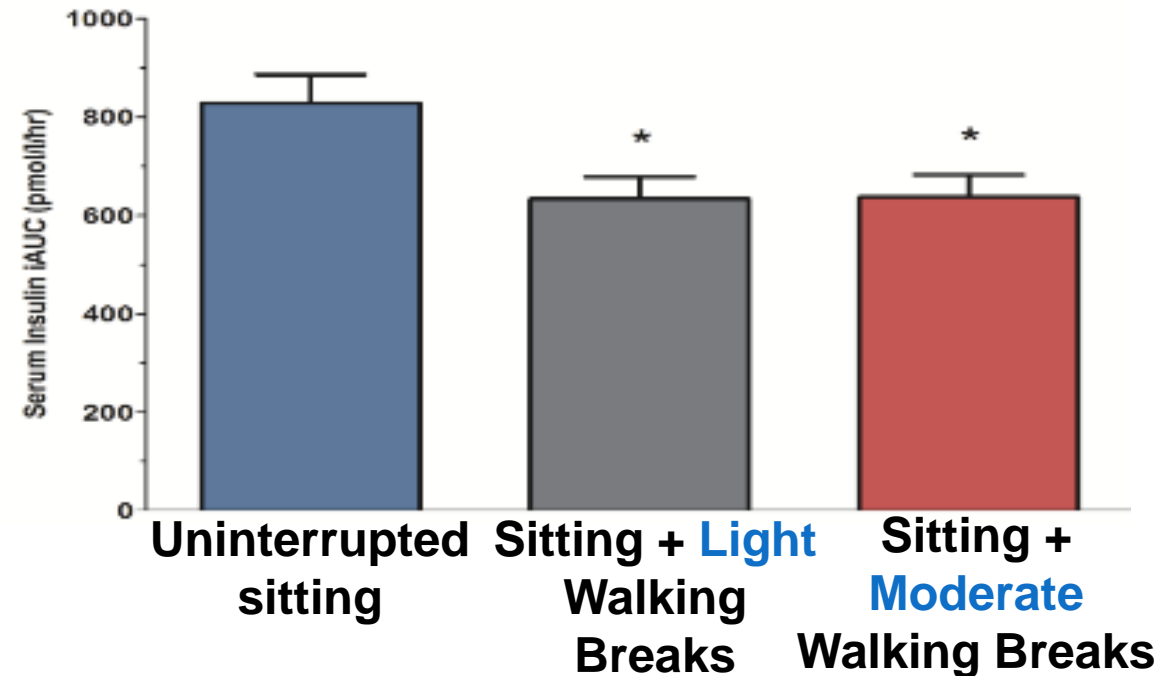
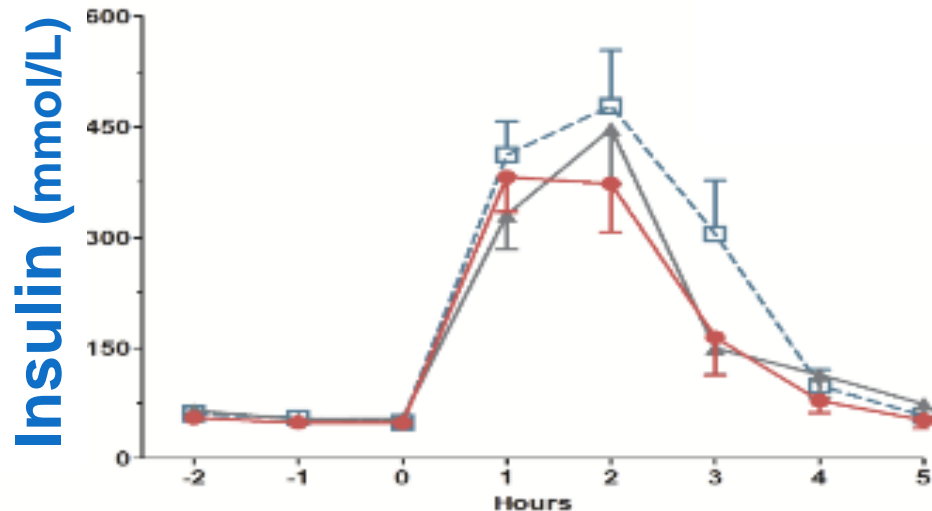
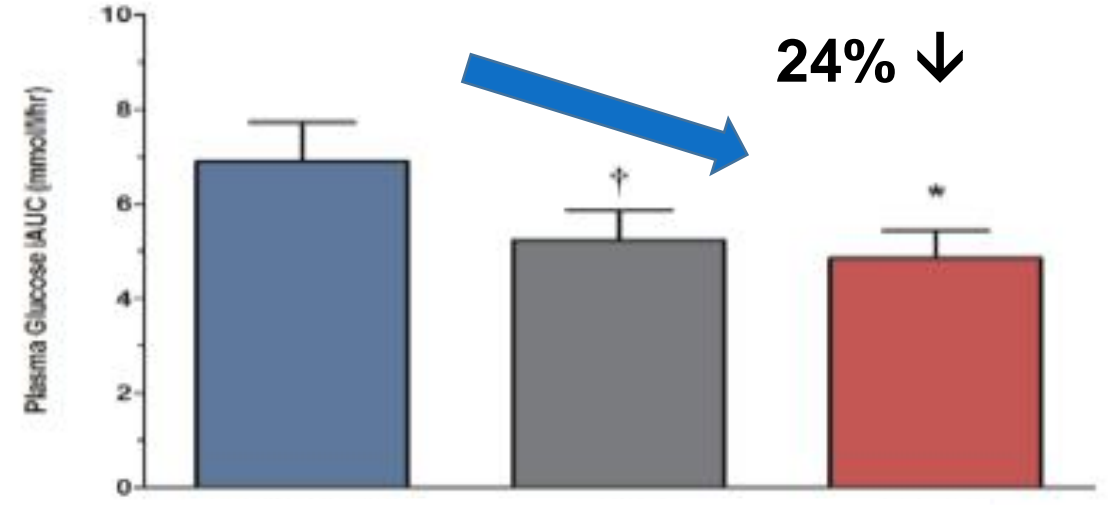
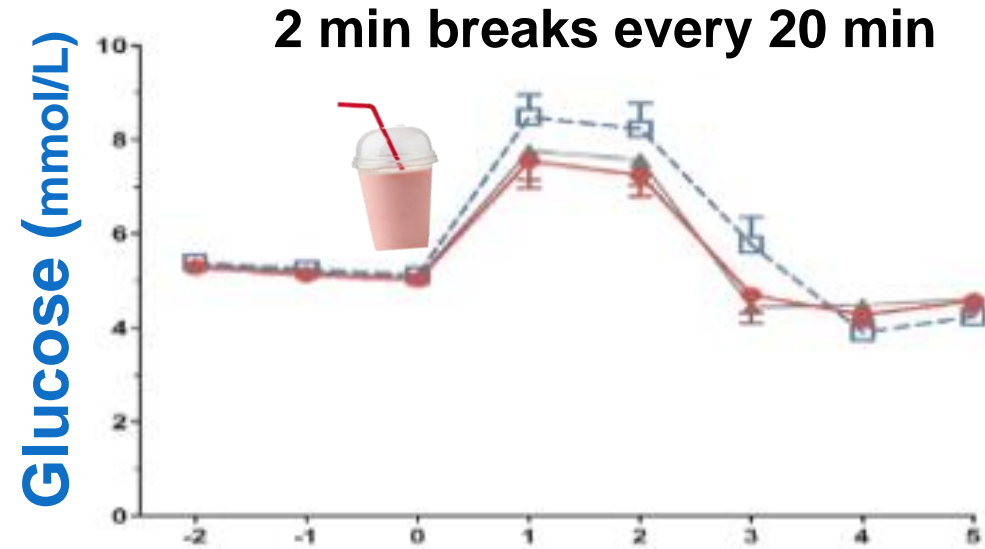
# Sitting too much causes lipid buildup in the blood of rats



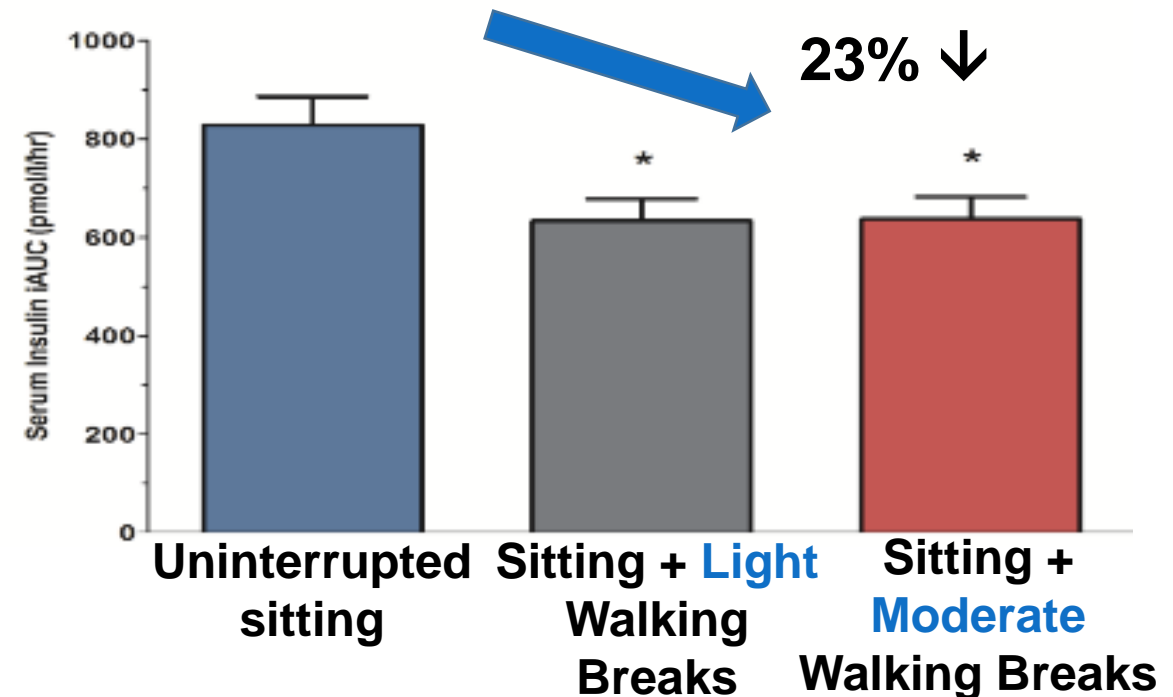
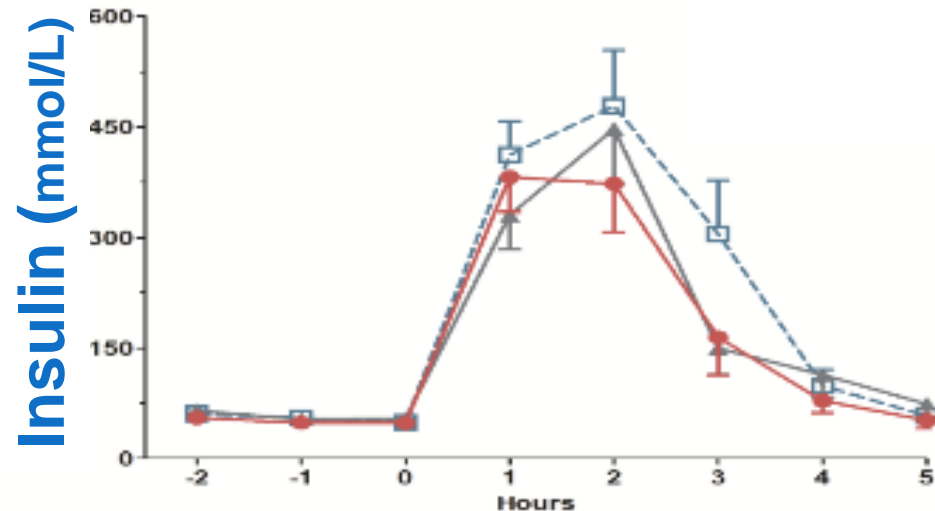
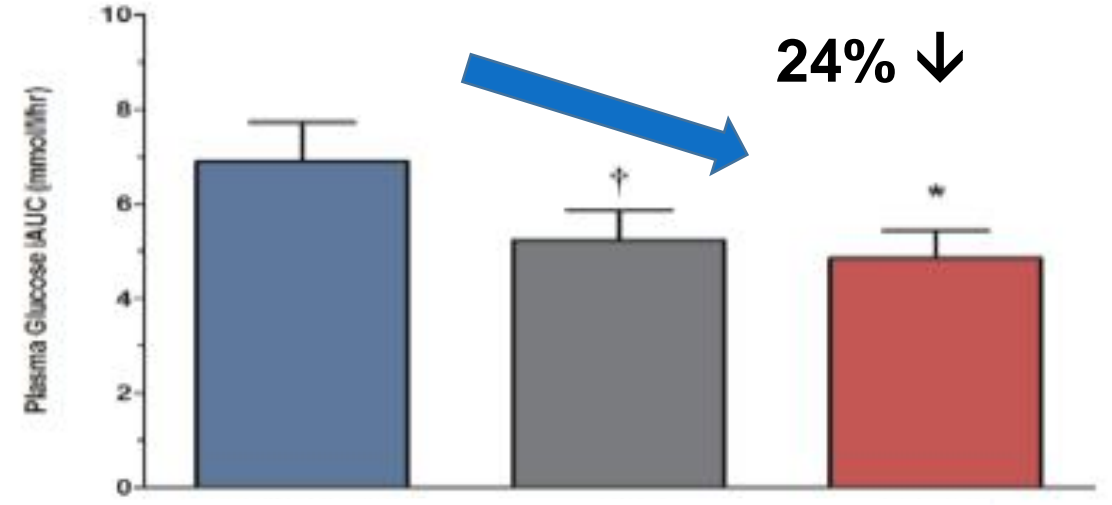
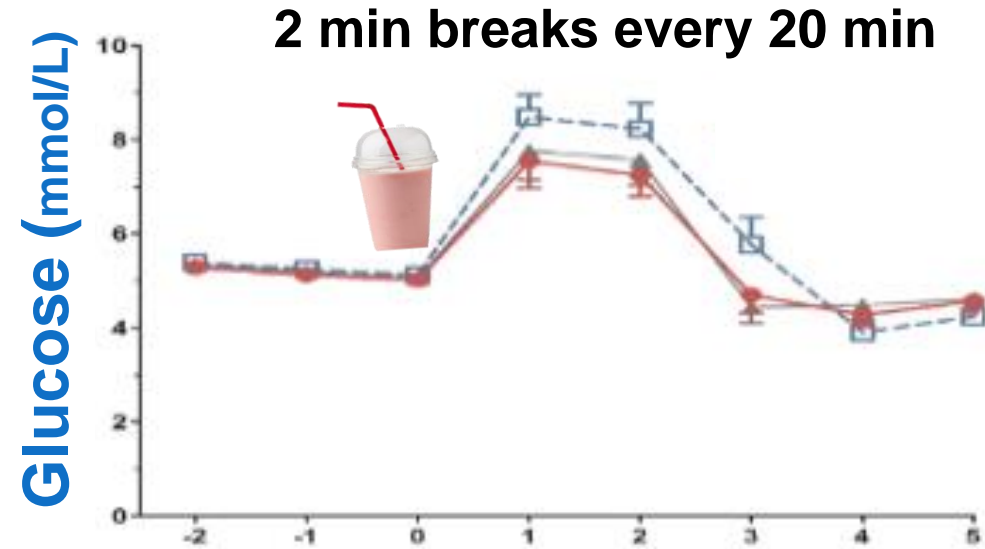
# Interrupting sitting reduces blood glucose & insulin



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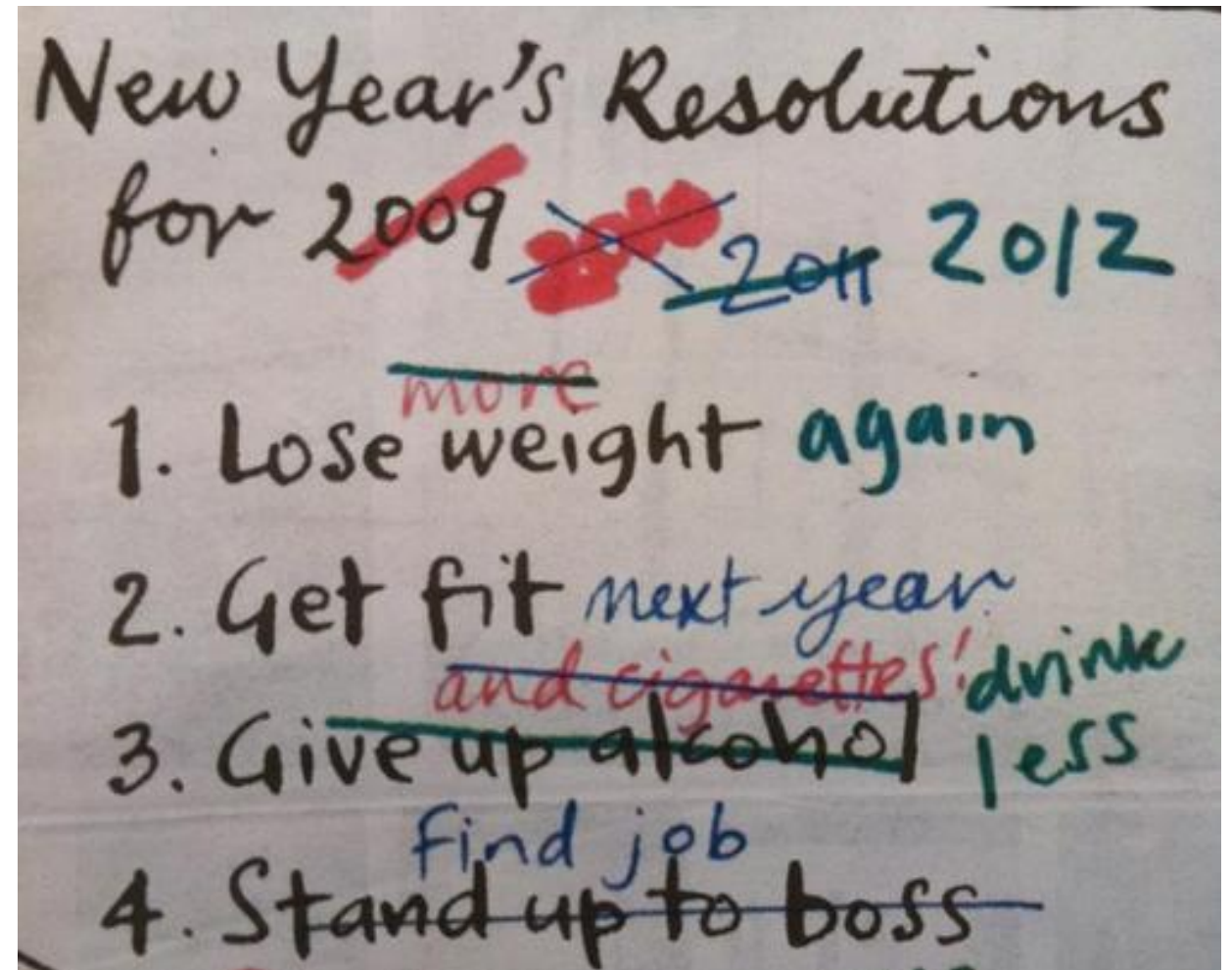
# Interrupting sitting reduces blood glucose & insulin





# Why is decreasing our sitting time hard?

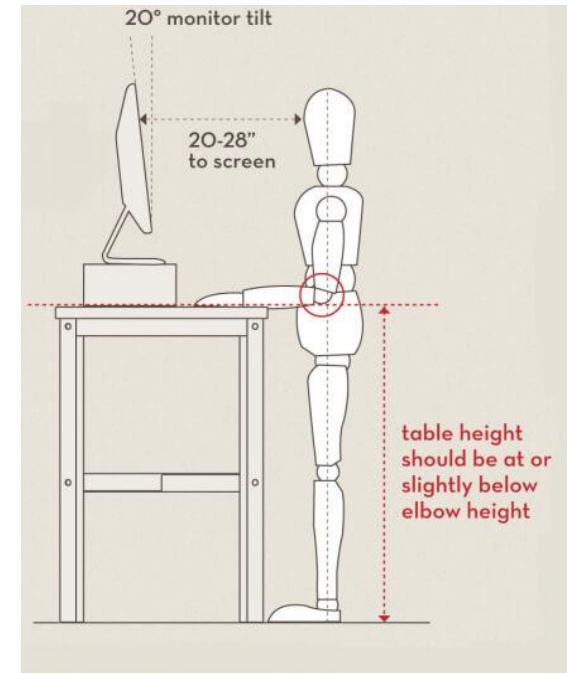
- Sitting is the norm
- Sitting is habitual
- Behavior change is hard





# Changes to you home can help

- Standing desks
  - Helpful for full-time working adults
  - More difficult to incorporate into a home setting
- Furniture that fits into the home
- Prompts and cues
- Other opportunities for standing



Self-monitoring helps

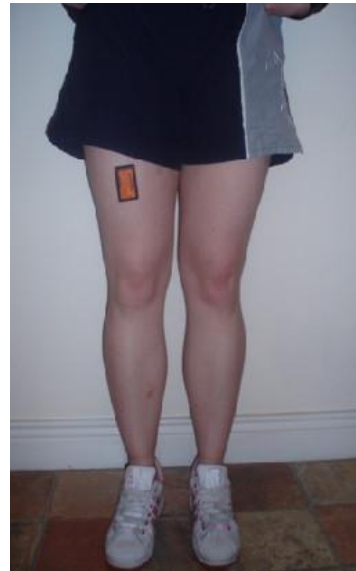
# Self-monitoring helps

- How many people have worn a pedometer?
- How many people have used a scale to monitor weight while dieting?
- ActivPAL
  - Thigh-worn device that measures sitting, standing, and stepping
  - Directly adhered to thigh

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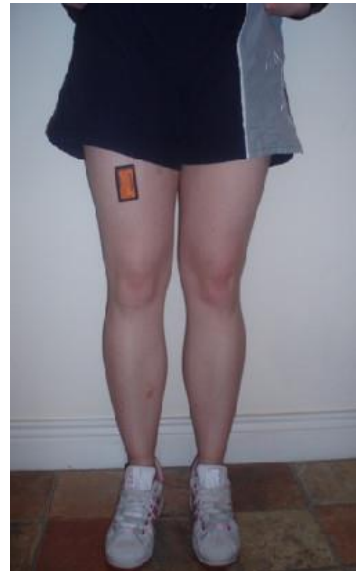
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Sample feedback graph for sit less

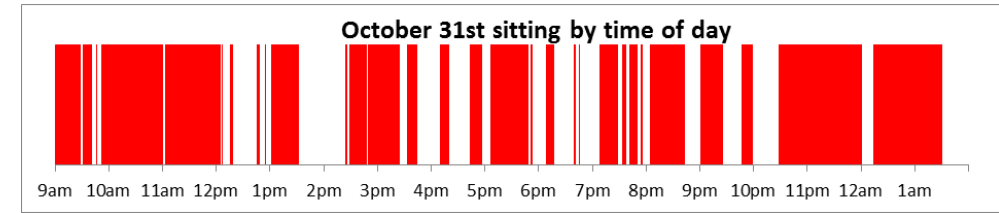


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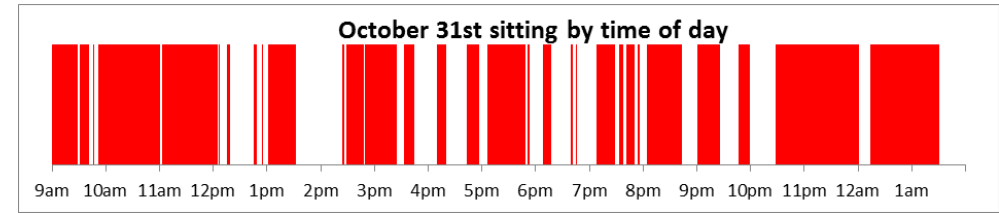


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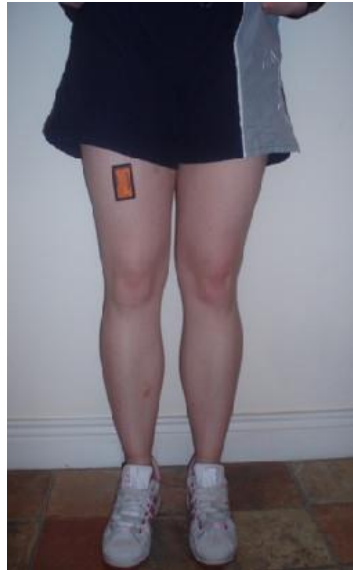


Sample feedback graph for sit-to-stand

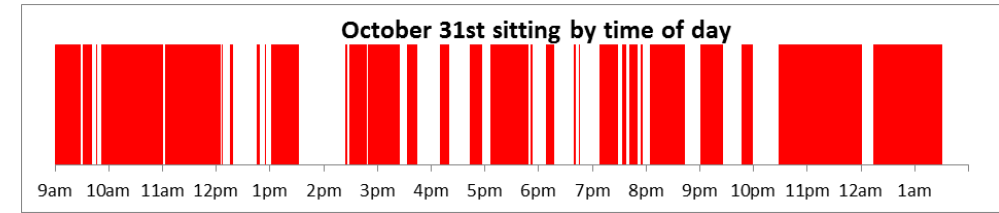


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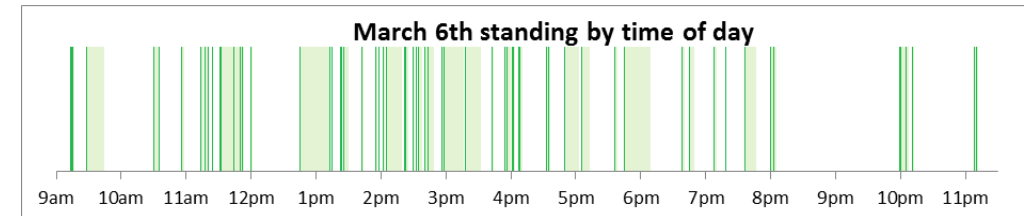
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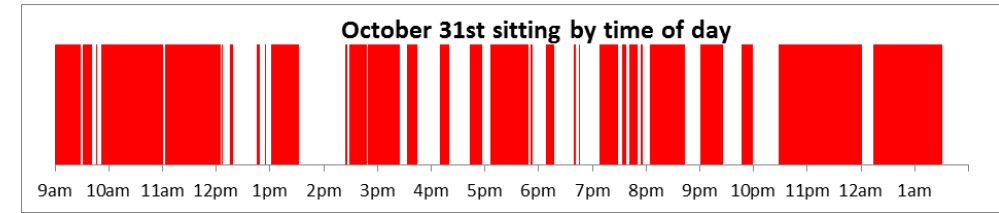


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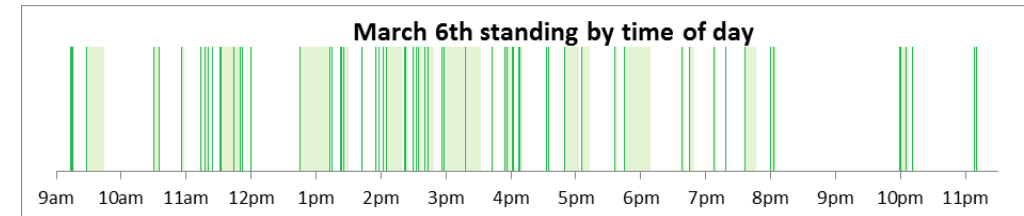
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Sample feedback graph for sit less



Sample feedback graph for sit-to-stand





# Technology can help you self monitor and remember to stand more

- Surge in wearable technology to monitor activity
- Device designed to measure and change sedentary behavior could be helpful
- Issues with measurement
- Need to understand if participants would be willing to integrate technology



# Other strategies to reduce your sitting

- Stand up during commercial breaks
- Get a smaller water cup
- Use a timer to remind you to stand
- Stand during habitual behaviors
- Transition whenever you complete a chapter in a book
- Recruit a buddy
- Use reminders
- Pay attention to your body's natural cues

# The OPACH Team and ABE!

## WHI, CCC

Eileen Rillamas, Sun  
Chongzhi Di  
Dori Rosenberg  
Julie Hunt  
Lesley Tinker  
Kyle Campbell  
Todd Panek  
Sheri Greaves  
Ross Prentice

## UC San Diego

Andrea LaCroix  
John Bellettiere  
Sandy Liles

## University of Illinois

David Buchner

## Harvard University

I-Min Lee  
JoAnn Manson

## Stanford University

Marcia Stefanick  
Stacy Sims  
Katelyn Fishpaw  
Bill Haskell

## UNC Chapel Hill

Kelly Evenson  
Molly Wen  
Amy Herring  
Steve Marshall

## UA Birmingham

Beth Lewis  
Nita Webb

## Johns Hopkins

Ciprian Crainiceanu  
Jiawei Bai

## University at Buffalo

Mike LaMonte

## Team ABE:

John Bellettiere  
Andrea LaCroix  
Steve Nguyen  
Ben Schumacher  
Eric Hyde  
Blake Anuskiewicz  
Natalie Golaszewski  
Alex Posis  
Rita Ryu  
Desiree' Santos  
Jonathan Unkart

